

Qualitative evaluation of the impact of the IFEEL Method of Equine Facilitated Psychotraumatology (EFPT) intervention on military veterans

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POSTER 157



QUANTITATIVE EVALUATION OF THE IMPACT OF THE IFEEEL METHOD OF EQUINE FACILITATED PSYCHO-TRAUMATOLOGY (EFPT) INTERVENTION, USING THE CLINICAL OUTCOME IN ROUTINE EVALUATION OUTCOME MEASURE (CORE-OM)

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ANIMAL | AGRICULTURE | EQUINE | SPORT | VETERINARY NURSING



RESEARCH AIM:

to measure the impact of a 3-day EFPT programme on participants' psychological health using the Clinical Outcomes in Routine Evaluation Outcome Measure (CORE – OM) (Evans et al, 2000)



Method:

3 day IFEEEL Method EFPT programme for 37 participants with PTSD

Participants completed CORE – OM at start (D1) and end (D3): mean \pm sd for CORE dimensions

Wilcoxon signed rank analyses tested for differences D1 to D3 (significance: $P < 0.05$)

After the IFEEL Method EFPT intervention, participants' self rated all aspects of their psychological health higher (lower scores)

| CORE – OM dimension | MEAN±SD D1 | MEAN±SD D3 | P VALUE |
|---------------------|------------|------------|----------|
| CORE W | 2.02±0.86 | 1.48±1.02 | P=0.0001 |
| CORE P | 2.1±0.82 | 1.22±0.80 | P=0.025 |
| CORE F | 1.83±0.7 | 0.87±0.77 | P=0.0001 |
| CORE R | 0.71±0.83 | 0.22±0.47 | P=0.0001 |
| CORE ALL | 1.74±0.65 | 0.92±0.64 | P=0.007 |

Conclusions and Implications

IFEEL method generated short-term improvement in individuals with PTSD, moving on average below clinical cut-off distress

More research using CORE – OM or equivalent needed